

The Great Pumpkin Run

Date: October 24, 2009

Contact: Michele Jennings
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Race Time: 2:00 p.m. Registration (pre-register online at www.delawaregreenways.org)
3:00 p.m. start for 1 mile Fun Run/Walk
3:30 p.m. start for 5k (3.1 mile) Run/Walk

Location: The races will begin and end in Area 1 at Lums Pond State Park
*State Park entry fee will be in effect (\$3/in-state, \$6/out-of-state) Pre-register by Oct. 21st and entry fee will be covered.

Benefit: Delaware Greenways' numerous projects and programs including the No Child Left Inside campaign, support and promotion of the first phase of construction for the C and D Canal Recreation Project, the linking of this greenway to surrounding neighborhoods and parks, and a kick off of the development of a Corridor Management Plan for the Route 9 Scenic Byway.

Goal: A key goal of this event is to instill a lasting desire in children and their families to spend more time together outdoors through use of close to home recreation facilities.

Awards: 5K run: Top 3 overall Male and Female plus top 2 in 5 year age groups 12 and under. Fun Run: Top 3 overall Male and Female, top 2 male and female runners per age groups, and top 3 male and female walkers, short-sleeve T-shirt, raffle prizes, post race refreshments, a great time for all!

Age Groups:

6 and under	20-29
7-8	30-39
9-10	40-49
11-12	50-59
13-19	60 and over

Cost:

5k	Pre-registration by Oct. 21 st	\$18.00 (park entry fee covered)
5k	Day of Event	\$20.00
5k	Cross-country teams	\$12.00 (per runner, entry fee covered)
Fun Run	Pre-registration by Oct. 21 st	\$ 8.00 (park entry fee covered)
Fun Run	Day of Event	\$10.00

Registration:

Online: www.delawaregreenways.org

Mail or drop-off: Delaware Greenways
The Great Pumpkin Race and Fun Run
1910 Rockland Road, Wilmington, DE 19803